LK590

OWNER'S MANUAL

Important: Read all instructions carefully before using this product. Retain this owner's manual for future reference.

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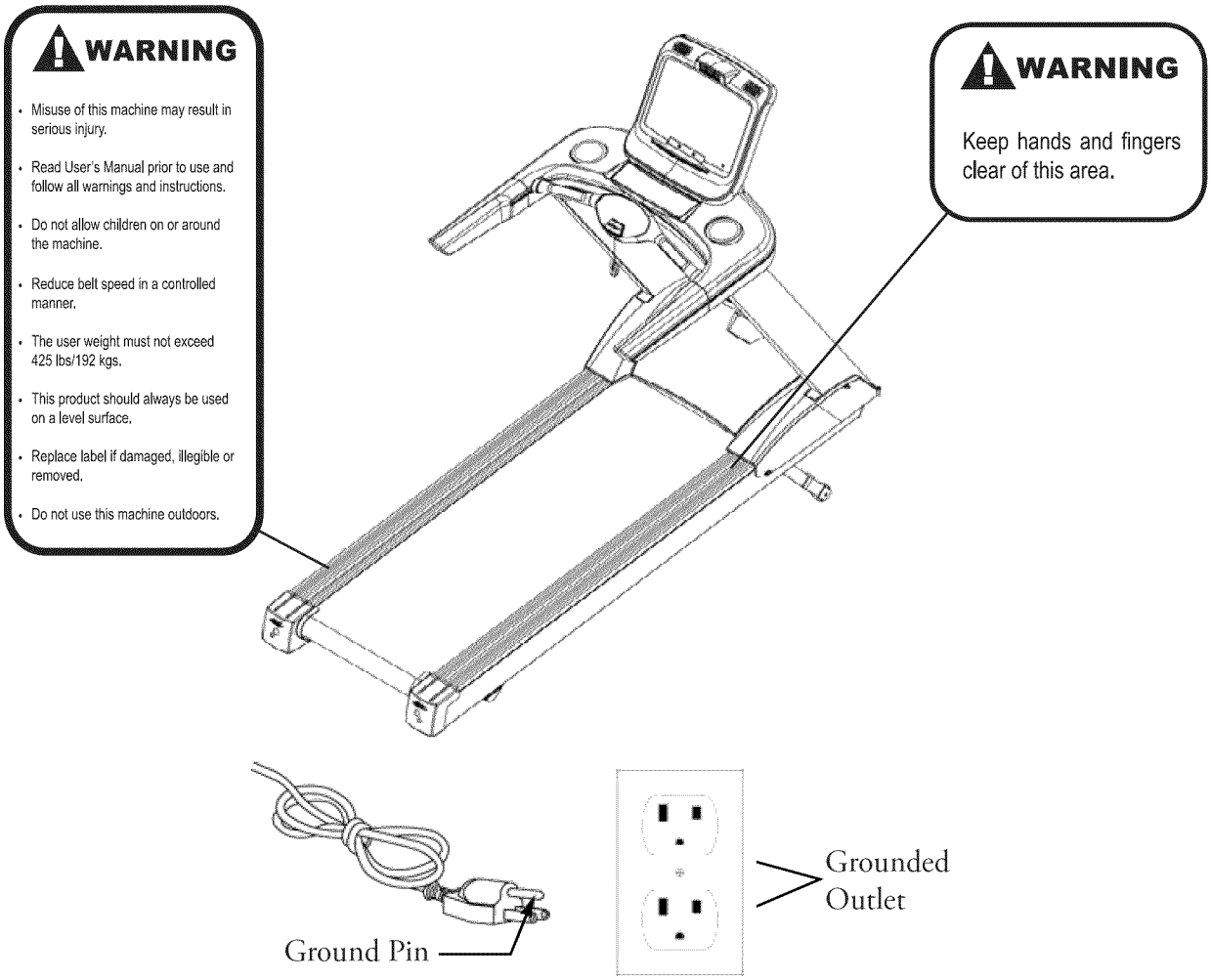
CONGRATULATIONS

Congratulations on your purchase of BH Fitness equipment. We hope you appreciate the style, quality, and value that exercisers around the world have come to expect from BH Fitness.

If you have any questions, concerns or product issues, please call our Customer Service Team at 1-866-325-2339 or email us at CustomerSupport@BHNorthAmerica.com.

Carefully read through the instructions contained in this manual. They provide you with important information about assembly, safety, fitness and use of the treadmill. Please read ALL the safety information contained on the following page.

WARNINGS AND LABELS


WARNING
• Misuse of this machine may result in serious injury.
• Read User's Manual prior to use and follow all warnings and instructions.
• Do not allow children on or around the machine.
• Reduce belt speed in a controlled manner.
• The user weight must not exceed 425 lbs/192 kgs.
• This product should always be used on a level surface.
• Replace label if damaged, illegible or removed.
• Do not use this machine outdoors.
WARNING
Keep hands and fingers clear of this area.
Ground Pin
Grounded Outlet

This product must be grounded. If it malfunctions or breaks down, grounding will provide a path of least resistance for electric current to reduce the risk of electric shock.

This cord must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

Danger – Improper use can result in a risk of electric shock or fire. Check with a qualified electrician to ensure the product is properly grounded. Do not modify the cord provided with the product – if it does not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is designed for use with 110V-120V power. The unit is equipped with a NEMA 5-15 plug as illustrated in the figure above. No adapter should be used with the product.

SAFETY INFORMATION

PRECAUTIONS

This treadmill has been designed and constructed to provide maximum safety. Nevertheless, certain precautions should be taken when using exercise equipment. Read the entire manual before assembling and using the treadmill. Please observe the following safety guidelines:

1. Keep children and pets away from this equipment at all times. DO NOT leave them unsupervised in the room where the treadmill is kept.
2. If you experience dizziness, nausea, chest pains or any other symptom while using this treadmill STOP the exercise. SEEK IMMEDIATE MEDICAL ATTENTION!
3. Use the treadmill on a level and solid surface. Adjust the feet for stability.
4. Keep your hands away from any of the openings and moving parts.
5. Wear clothing suitable for doing exercise. Do not wear baggy clothing that might get caught in the treadmill. Always wear athletic shoes when using the treadmill and tie the laces securely.
6. This treadmill must only be used for the purposes described in this manual. DO NOT use accessories that are not recommended by BH Fitness.
7. Do not place sharp objects near the treadmill.
8. Any person with physical or coordination limitations should not use the treadmill without the assistance of a qualified person or doctor.
9. Do warm-up stretching exercises before using the equipment.
10. Do not use the treadmill if it is not working correctly.
11. Before using the treadmill, thoroughly inspect the equipment for proper assembly.
12. Keep clear a perimeter of 3 feet (1 meter) around the treadmill before operating.
13. Use only authorized and trained technicians if a repair is needed.
14. Please follow the advice for correct training, as detailed in the Training Guidelines.
15. Use only the tools provided to assemble this treadmill.
16. This treadmill was designed for a maximum user weight of 400 lbs (182 kgs)
17. The treadmill can only be used by one person at a time.
18. Do not use this treadmill outdoors.
19. Do not use the treadmill if the main electrical cord becomes damaged or frayed. Keep the main electrical cord away from any hot surfaces.

Caution: Consult your doctor before beginning to use the treadmill or any exercise program. Read all of the instructions before using any exercise equipment.

KEEP THESE INSTRUCTIONS SAFE FOR FUTURE USE.

EXERCISE INSTRUCTION

Use of the treadmill offers various benefits; it can improve fitness, muscle tone and when used in conjunction with a calorie controlled diet, it could help you lose weight.

1. Consult your doctor before starting any exercise program. It is advisable to undergo a complete physical examination.
2. Exercise at recommended level. Do not over exert yourself.
3. If you feel any pain or discomfort, stop exercising immediately and consult your doctor.
4. Wear appropriate clothing and footwear for the exercise; do not wear loose clothing; do not wear leather soled shoes or footwear with high heels.
5. It is advised that you do warm-up stretches before working out.
6. Step onto the equipment slowly and securely.
7. Secure safety clip to clothing.
8. Select the program or workout option that is most closely aligned with your workout interests.
9. Start slowly and work your way up to a comfortable pace.
10. Be sure to cool down after your workout.

TRAINING GUIDELINES

Exercise is one of the most important factors in the overall health of an individual. Listed among its benefits are:

- Increased capacity for physical work (strength endurance)
- Increased cardiovascular (heart and arteries/veins) and respiratory efficiency
- Decreased risk of coronary heart disease
- Changes in body metabolism, e.g. losing weight
- Delaying the physiological effects of age
- Reduction in stress, increase in self-confidence, etc.

There are several components of physical fitness and each is defined below.

STRENGTH
The capacity of a muscle to exert a force against resistance. Strength contributes to power and speed.

MUSCULAR ENDURANCE
The capacity to exert a force repeatedly over a period of time, e.g. it is the muscular endurance of your legs to carry you 10 km without stopping.

FLEXIBILITY
The range of motion of your joints. Improving flexibility involves the stretching of muscles and tendons to maintain or increase suppleness, and it provides increased resistance to muscle injury or soreness.

CARDIO-RESPIRATORY ENDURANCE
The most essential component of physical fitness. It is the efficient functioning of the heart and lungs.

AEROBIC FITNESS
Is an exercise of relatively low intensity and long duration, which depends primarily on the aerobic energy system. Aerobic means "with oxygen", and refers to the use of oxygen in the body's metabolic or energy-generating process. Many types of exercise are aerobic, and by definition are performed at moderate levels of intensity for extended periods of time.

ANAEROBIC TRAINING
Is an exercise intense enough to trigger anaerobic metabolism. This means “without oxygen” and is the output of energy when the oxygen supply is insufficient to meet the body’s long term energy demands. (For example, a 100 meter sprint.)

OXYGEN UPTAKE

The effort that you can exert over a prolonged period of time is limited by your ability to deliver oxygen to the working muscles. Regular vigorous exercise produces a training effect that can increase your aerobic capacity by as much as 20 to 30%. An increased VO2 Max indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen, and of the muscles to take up oxygen.

THE TRAINING THRESHOLD

This is the minimum level of exercise which is required to produce significant improvements in any physical fitness parameter.

OVERLOAD

This is where you exercise above your comfort level. The intensity, duration and frequency of exercise should be above the training threshold and should be gradually increased as the body adapts to the increasing demands. As your fitness level improves, the training threshold should rise. Working through your program and gradually increasing the overload factor is important.

PROGRESSION

As you become more fit, a higher intensity of exercise is required to create an overload and therefore provide continued improvement.

SPECIFICS

Different forms of exercise produce different results. The type of exercise that is carried out is specific to the muscle groups being used and to the energy source involved. There is little transfer of the effects of exercise, i.e. from strength training to cardiovascular fitness. That is why it is important to have an exercise program tailored to your specific needs.

REVERSIBILITY

If you stop exercising or do not do your program often enough, you will lose the benefits you have gained. Regular workouts are the key to success.

WARM-UP

Every exercise program should start with a warm-up where the body is prepared for the effort to come. It should be gentle and preferably use the muscles group to be involved later. Stretching should be included in both your warm-up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or calisthenic type exercise.

WARM DOWN OR COOL DOWN

This involves a gradual decrease in the intensity of the exercise session. Following exercise, a large supply of blood remains in the working muscles. If it is not returned promptly to the central circulation, pooling of blood may occur in the muscles.

HEART RATE

As you exercise, your heart beat increases. This is often used as a measure of the required intensity of an exercise. You need to exercise hard enough to condition your circulatory system, and increase your pulse rate, but not enough to strain your heart.

Your initial level of fitness is important when developing an exercise program for you. When starting, you can get a good training effect with a heart rate of 110-120 beats per minute (BPM). If you are more fit, you will need a higher threshold of stimulation.

To begin with, you should exercise at a level that elevates your heart rate to about 65 to 70% of your maximum. If you find this is too easy, you may want to increase it, but it is better to lean on the conservative side.

As a rule of thumb, the maximum heart rate is 220 minus your age. As you increase in age, your heart, like other muscles, loses some of its efficiency. Some of its natural loss is won back as fitness improves. The following table is a guide to those who are "starting fitness."

Age Target Heart Rate	25	30	35	40	45	50	55	60	65
10 Second Count	23	22	22	21	20	19	19	18	18
Beats per Minute	138	132	132	126	120	114	114	108	108

PULSE COUNT

The pulse count (on your wrist or carotid artery in the neck, taken with two index fingers) is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons: (a) 10 seconds is long enough for accuracy, (b) the pulse count is to approximate your BPM rate at the time you are exercising. Since heart rate slows as you recover, a longer count isn't as accurate.

The target is not a magic number, but a general guide. If you're above average with your fitness, you may work comfortably a little above that suggested for your age group. The following table is a guide.

Age Target Heart Rate	25	30	35	40	45	50	55	60	65
10 Second Count	26	26	25	24	23	22	22	21	20
Beats per Minute	156	156	150	144	138	132	132	126	120

Don't push yourself too hard to reach the figures on this table. It can be very uncomfortable if you over exercise. Let it happen naturally as you work through your program. Remember, the target is a guide, not a rule, a little above or below is just fine.

Two final comments: (1) don't be concerned with day to day variations in your pulse rate, being under pressure or not enough sleep can affect it; (2) your pulse rate is a guide, don't become a slave to it.

MUSCLE SORENESS

For the first week or so, muscle soreness may be the only indication you have that you are on an exercise program. This, of course, does depend on your overall fitness level. A confirmation that you are on the correct program is a very slight soreness in most major muscle groups. This is quite normal and will disappear in a matter of days.

If you experience major discomfort, you may be on a program that is too advanced, or you have increased your program too rapidly.

If you experience PAIN during or after exercise, your body is telling you something. Stop exercising and consult your doctor.

WHAT TO WEAR

Wear clothing that will not restrict your movement in any way while exercising. Clothes should be light enough to allow the body to cool. Excessive clothing that causes you to perspire more than you normally would gives you no advantage. The extra weight you lose is body fluid and will be replaced with the next glass of water you drink. It is advisable to wear a pair athletic shoes.

BREATHING DURING EXERCISE

Do not hold your breath while exercising. Breathe normally as much as possible. Remember, breathing involves the intake and distribution of oxygen, which feeds the working muscles.

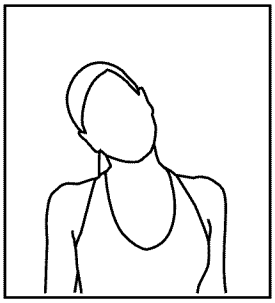
REST PERIODS

Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later on without going through the warm-up stage again. The rest period required between exercises may vary from person to person.

SUGGESTED STRETCHES

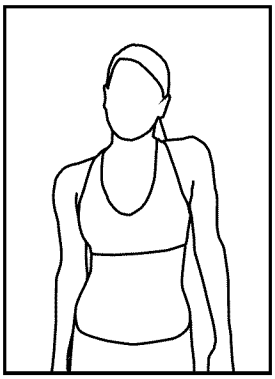
Head Rolls

Rotate your head to the right for one count while feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



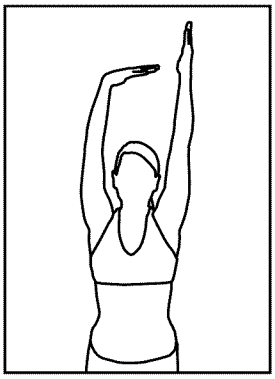
Shoulder Lifts

Lift your left shoulder up toward your ear for one count. Then lift your right shoulder up for one count as you lower your left shoulder.



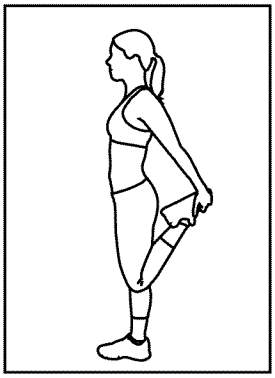
Side Stretches

Open your arms to the side and continue lifting them until they are over your head. Reach your left arm as far upward as you can for one count. Feel the stretch up your left side. Repeat this action with your right arm.



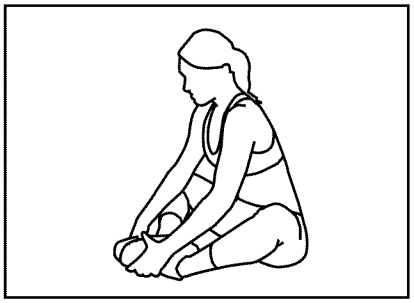
Quadriceps Stretch

With one hand against a wall for balance, reach behind you and pull your left foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with right foot up.

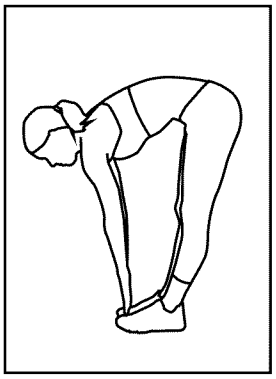


SUGGESTED STRETCHES

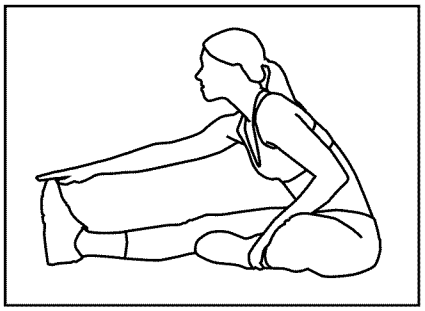
Inner Thigh Stretch
Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



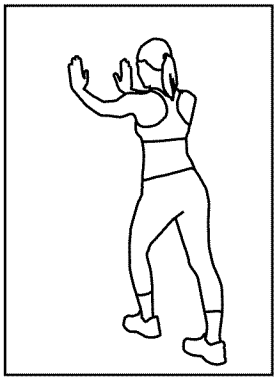
Toe Touches
Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



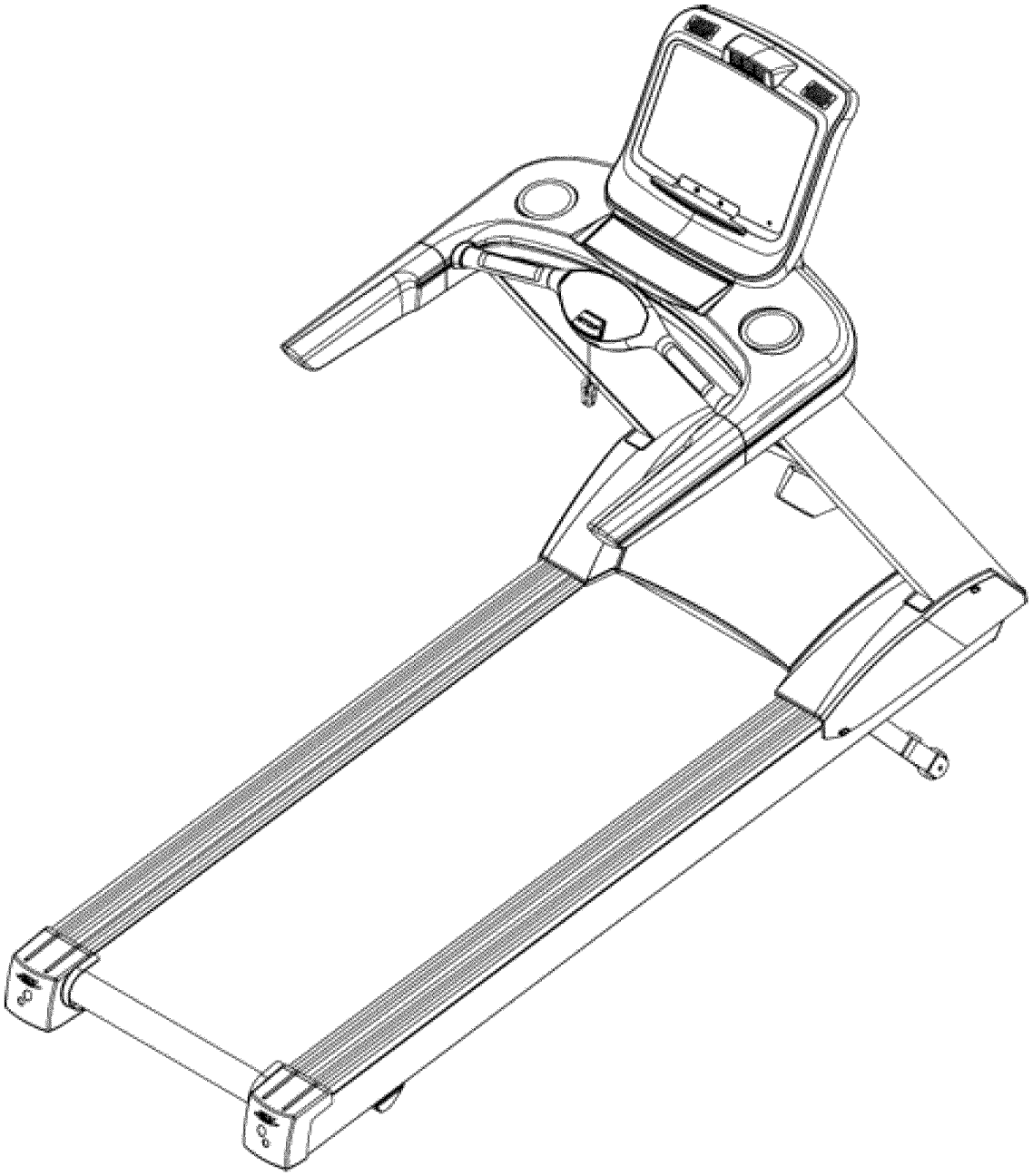
Hamstring Stretches
Sit with your right leg extended. Rest the soles of your left foot against your right inner thigh. Stretch toward your toes as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



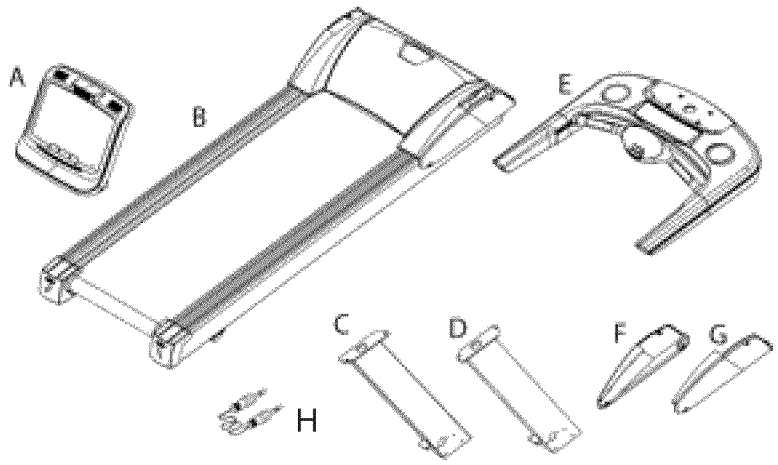
Calf/Achilles Stretches
Lean against a wall with your right leg in front of the left and your arms forward. Keep your left leg straight and the right foot on the floor; then bend the right leg and lean forward by moving your hip toward the wall. Hold, then repeat on the other side for 15 counts.



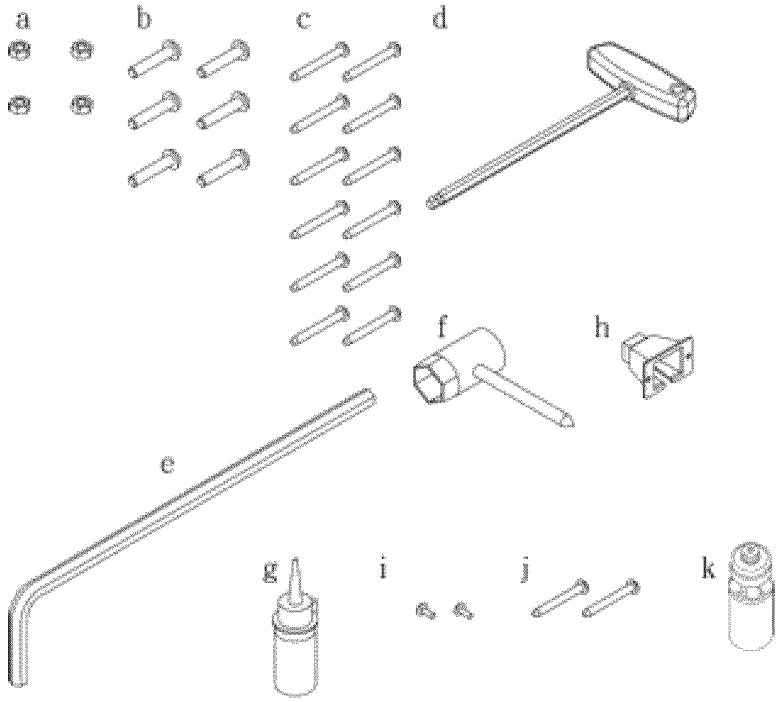
ASSEMBLY INSTRUCTIONS



ITEM	Description	Qty
A	Computer Console	1
B	Frame	1
C	Left Upright	1
D	Right Upright	1
E	Hand Rail Fixture	1
F	Left Motor Lateral Cover	1
G	Right Motor Lateral Cover	1
H	MP3 Cable	1

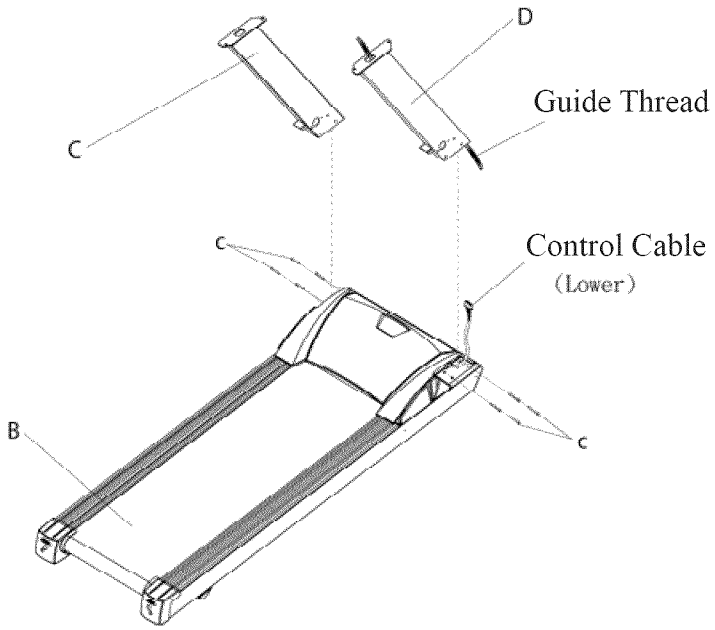


ITEM	Description	Qty
a	Nylock Nut M8xP1.25	4
b	Truss Philips Screw M5xP0.8x15	6
c	Truss Hex Screw (Ø13)	12
d	T-shaped Wrench 8mmx200mm	1
e	L-shaped Hex Wrench 5mmx30mmx120mm	1
f	Bushing Spanner + Screwdriver (13mm)	1
g	Bottled Silicon DC-1000	1
h	Power Cord Switch Cover	1
i	Truss Philips Screw M4xP0.7x10	2
j	Knockdown Truss Hex Screw(∮13) M8xP1.25x90	2
k	Bottle	1



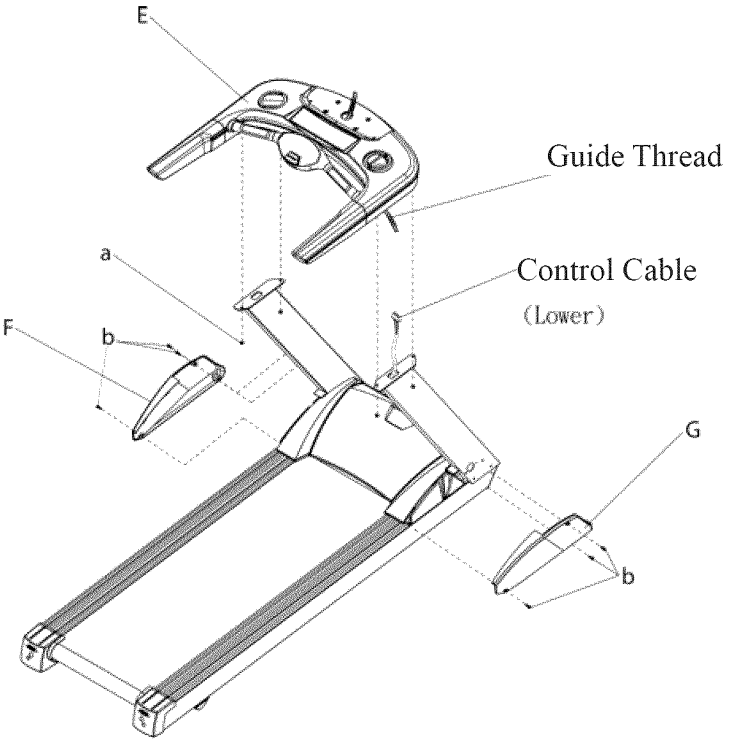
STEP 1

Insert the left & right Uprights (C & D) into the support bracket on the Frame (B). Tie the Control Cable to the Guide Thread coming out from the bottom of the Upright (D). Pull the Control Cable through the opening with the Guide Thread to the top of the Upright (D). Be careful not to damage the wire. Insert the screws (b and d), spring washer(f) and washer(e) as shown in the drawing and **DO NOT TIGHTEN UNTIL STEP 2.**



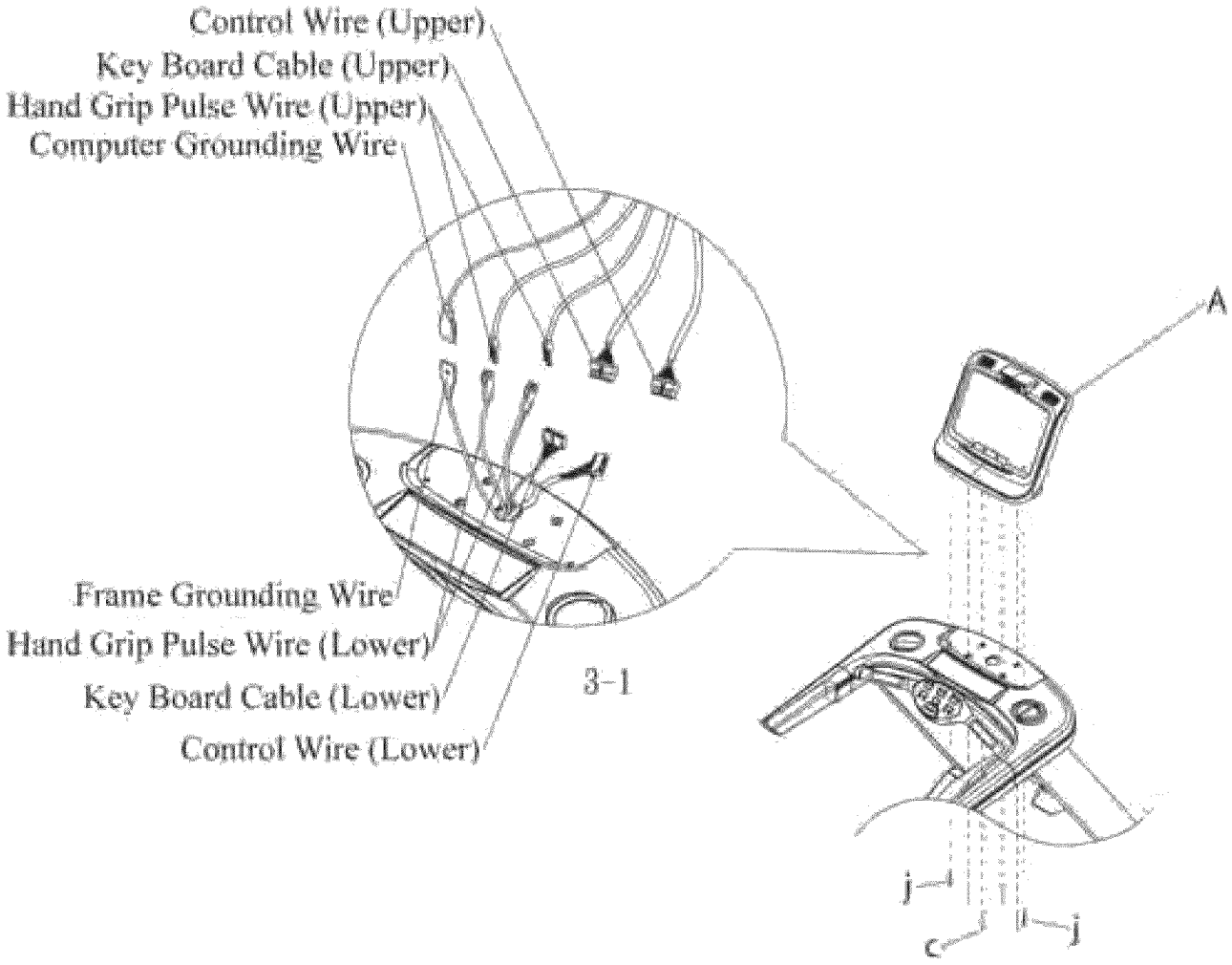
STEP 2

Place the Hand Rail Fixture (E) on top of the left and right Uprights. Using the Guide Thread, pull the Control Cable through the opening of the bottom and out the top center of the Hand Rail Fixture. Tighten the nylock nuts (a). Then **TIGHTEN SCREWS** (b and d) from **STEP 1**. Now secure the left and right Uprights. Assemble the left and right motor side covers (F and G) and tighten with screw (b).



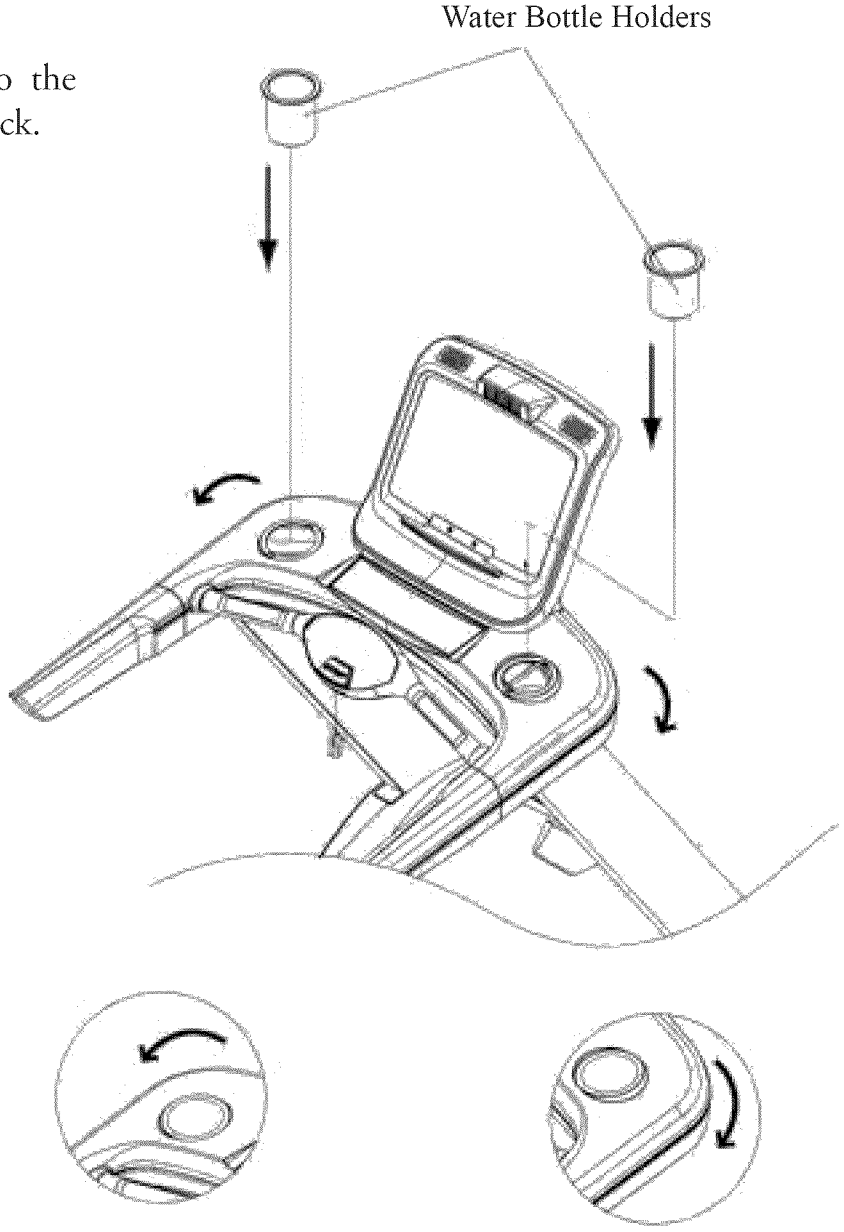
STEP 3

Place the Console (A) above the Hand Rail Fixture and mate all connectors as shown in the figure below, then tighten with bolts (c and j). Be careful not to damage the wires. You can distinguish the control wire by the red mark.



STEP 4

Place Water Bottle Holders into the Hand Rail Fixture and twist to lock.

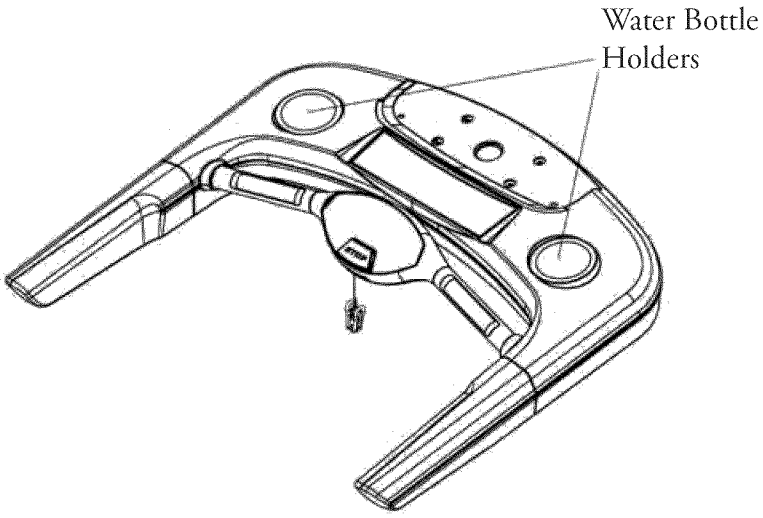


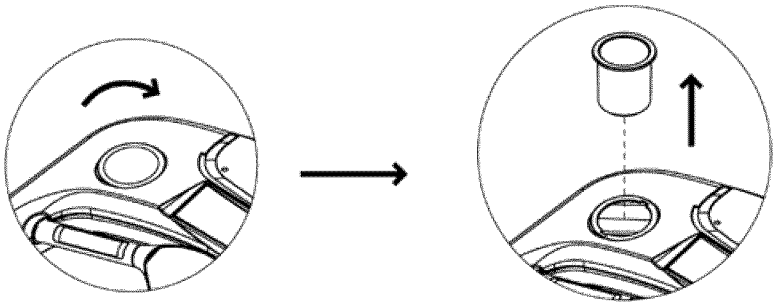
STEP 5

Ensure the treadmill is properly leveled by adjusting the leveling feet at the rear of the treadmill. Make sure the treadmill is installed on a level surface.

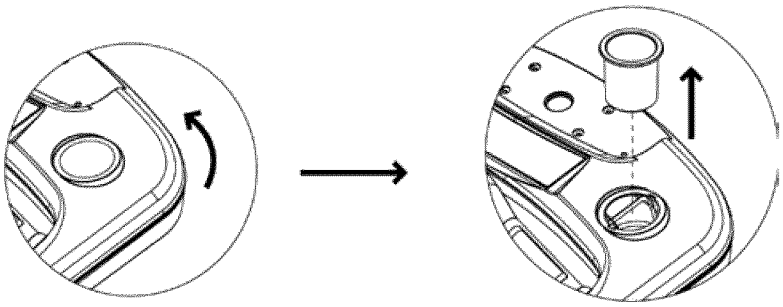
WATER BOTTLE HOLDER ASSEMBLY

The water bottle holder assembly is designed to hold water bottles and small items, such as a MP3 player or a cell phone. The water bottle holders may be removed for cleaning. Hand wash only using a mild soap solution.





Turn the water bottle holder to the right for removal.

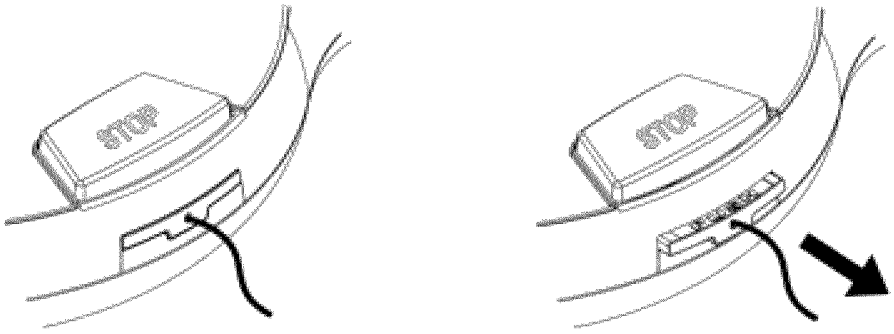


Turn the water bottle holder to the left for removal.

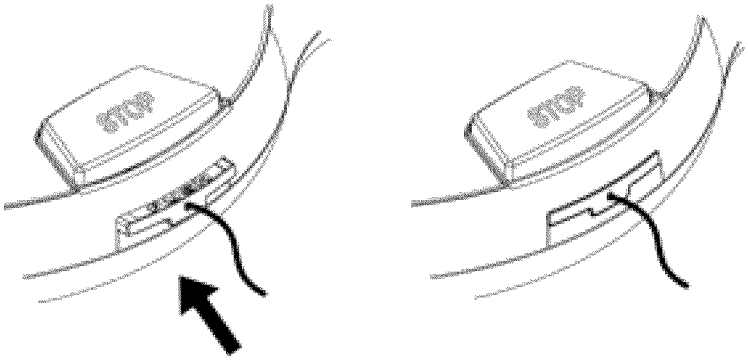
EMERGENCY STOP

This treadmill is equipped with an emergency stop. The emergency stop button is shown in the drawing below. There are two ways to trigger the emergency stop:

1) Press the emergency stop button to stop the treadmill.



2) Pull the nylon cord and the emergency switch will pop out from the treadmill, stopping the treadmill.



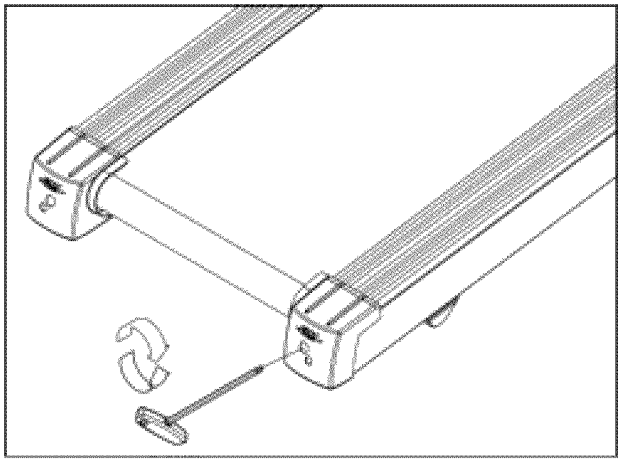
To reactivate the treadmill, push the emergency switch back into the treadmill.

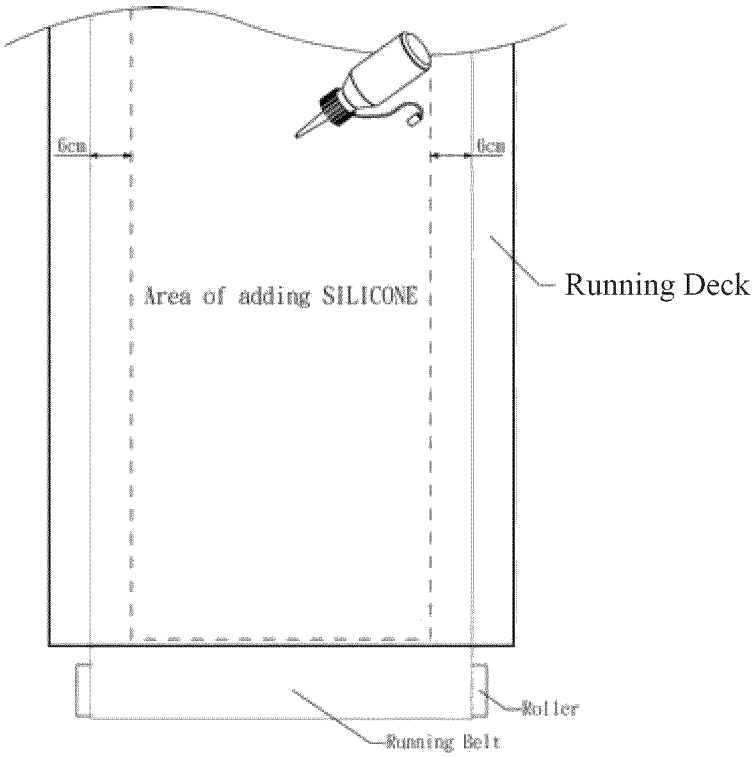
MAINTENANCE

LUBRICATION

Use the Allen Wrench to loosen the bolt inside the End Cap, giving the belt ample slack. Lift the belt up and apply a thin, even strip of silicone lubricant to the center of the deck. Then re-tension the belt, and adjust the running belt according to the steps on next page.

Average Usage	4 mile/hr below	1 year
	4~8 mile/hr	6 months
	8 mile/hr above	3 months
Note: In a commercial environment, it is recommended to inspect and lubricate the treadmill every other month.		





IF YOU HAVE ANY QUESTIONS CONCERNING PROPER MAINTENANCE PROCEDURES, PLEASE CALL CUSTOMER SERVICE AT 1-866-325-2339.

ADJUSTING THE BELT

If the treadmill is not leveled properly or the belt is not properly tensioned, the belt may shift sideways. The belt was thoroughly checked and adjusted at the factory. However, due to weight differences and individual styles of running, the belt may be prone to shift sideways. If the belt does shift to the left or right, stop the treadmill and adjust the belt as detailed below.

NOTE: Over tightening of the belt can lead to excessive load on the treadmill, causing damage to the belt.

BELT SHIFTED TO THE RIGHT

1. Turn off and unplug the treadmill before making each adjustment.
2. Use the Allen Wrench to turn the right hex bolt a 1/4 turn clockwise.
3. Turn on the treadmill for a few minutes at a speed of 2.5 mph (4 km/h) and check belt alignment.
4. If the belt is not centered, then turn the left hex bolt a 1/4 turn counterclockwise.
5. If the belt is still not centered, repeat steps above.

BELT SHIFTED TO THE LEFT

1. Turn off and unplug the treadmill before making each adjustment.
2. Use the Allen Wrench to turn the left hex bolt a 1/4 turn clockwise.
3. Turn on the treadmill for a few minutes at a speed of 2.5 mph (4 km/h) and check belt alignment.
4. If the belt is not centered, then turn the right hex bolt a 1/4 turn counterclockwise.
5. If the belt is still not centered, repeat steps above.

TREADMILL CLEANING

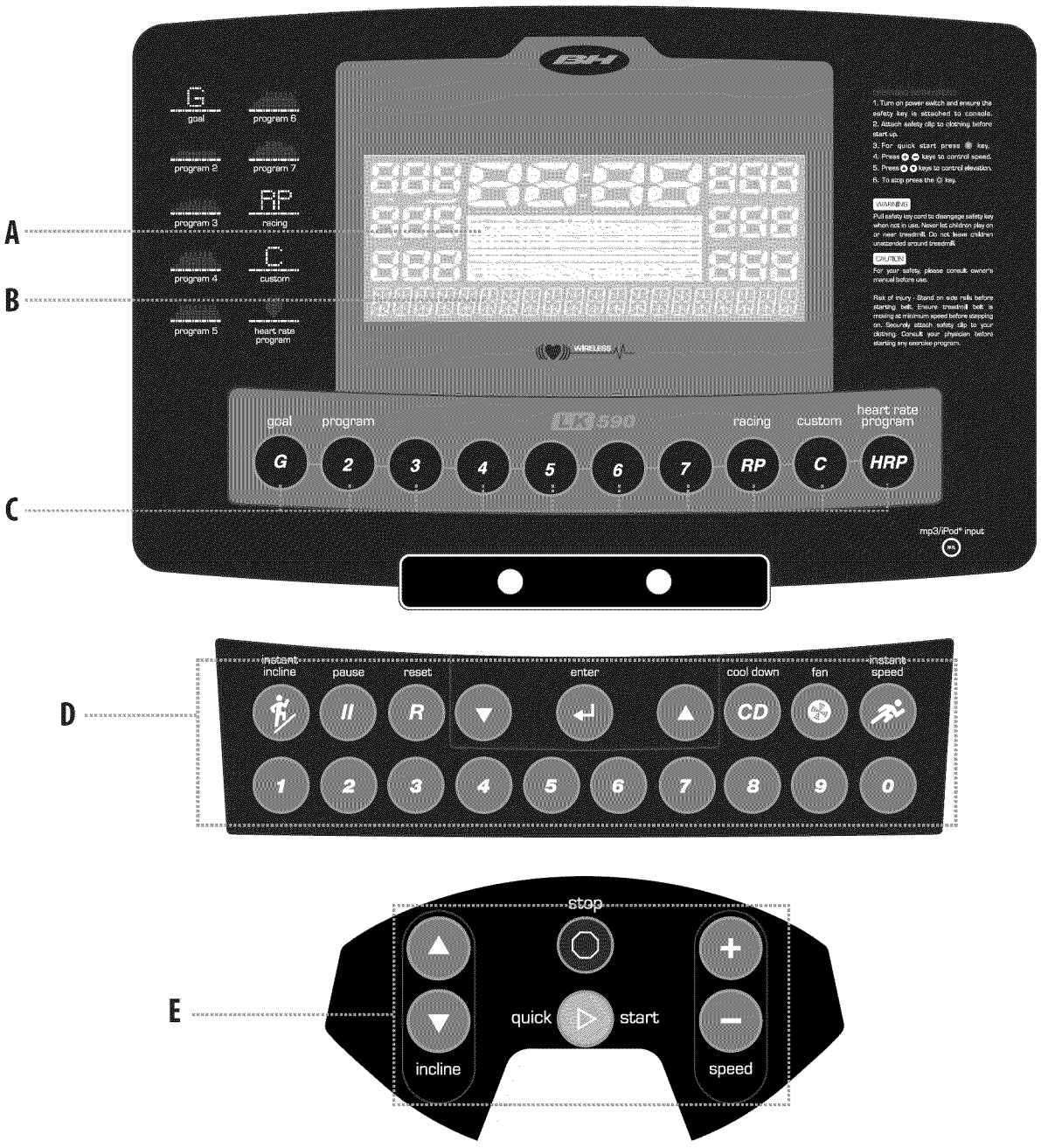
Turn the treadmill off and unplug the power cord. Use a damp cloth or towel to clean the dust off the treadmill, especially the handrails and console. Do not use solvents. Use a vacuum cleaner to carefully vacuum around the visible components (belt, structure, etc.). Raise the deck to an incline in order to vacuum underneath the equipment (be sure to turn off and unplug the treadmill after raising the treadmill incline). Vacuum the inside the motor housing by removing the cover (be careful with the wires).

TIGHTENING THE FASTENERS

Check the connections and tighten all the parts on your treadmill every other month. Use of this treadmill with worn parts (e.g. the drive belt, running belt or rollers) may result in injury. If you are unsure about the condition of any part, we recommend that you replace it with original BH spare parts. The use of other spare parts may result in injury or affect the performance of the treadmill.

CONSOLE OVERVIEW

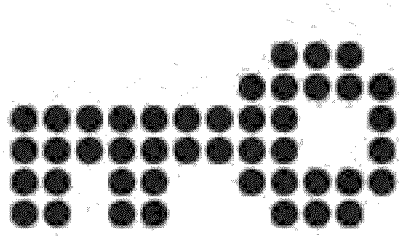
FIGURE 1



CONSOLE OPERATIONS

START DISPLAY

If the EMERGENCY BUTTON is not engaged, the main window will display a profile of a "key" and all other windows will display "----". To engage, push the pop out part of EMERGENCY BUTTON back in place. The main window will display 150 lbs.



BUTTON FUNCTIONS

Cool Down Button - This button is used for the gradual decrease in speed at the end of a workout. The duration of Cool Down is 2 minutes. Once this time is up, the treadmill will stop.

Reset Button - Used to erase the data that has been collected by the console.

Speed "–" Button - Pressing this button during exercise will decrease the speed of the treadmill by one tenth of a mile per hour. The speed will continue to decrease as long as this button is being pressed. During the selection of a pre-programmed profile, it is used to move back to the previous screen.

Speed "+" Button - Pressing this button during exercise will increase the speed of the treadmill by one tenth of a mile per hour. The speed will continue to increase as long as this button is being pressed. During the selection of a pre-programmed profile, it is used to move on to the next screen.

Enter Button - Used to select options or to confirm data that has been entered and to start the exercise. It is also used during custom programming to confirm the exertion level settings for each minute.

Pause Button - During a workout, press the PAUSE button, the treadmill will stop and

all windows will pause. To resume, press QUICK START. To end the workout press and hold the STOP button for 3 seconds.

Stop Button - During a workout, press the STOP button, the treadmill will stop and enter PAUSE mode. To resume, press QUICK START. to end the workout press and hold the STOP button for 3 seconds.

Incline Up Button - When pressed during exercise it will increase the level of incline by 1%. Incline will continue to increase as long as this button is being pressed.

Incline Down Button - When pressed during exercise it will decrease the level of incline by 1%. Incline will continue to decrease as long as this button is being pressed.

Quick Start Button - When pressed, a default exercise will begin in manual mode after a 3 second countdown.

TO SELECT A PROGRAM

1. In IDLE mode press P1~P10 to select a program.
2. Once in the desired program, Press UP/DOWN (Figure 1.D) buttons to select the LEVEL. Press ENTER to confirm and start the workout. If you press START without selecting a level, the default settings will be applied to your workout.
3. For WARM UP and COOL DOWN you cannot change speed or incline. COOL DOWN is the last three minutes of your workout. Your speed will eventually reduce to ZERO by design. Press STOP to end your workout.
4. Each PROGRAM has 32 segments. The first three minutes are WARM UP and the last three minutes are COOL DOWN.
5. The 9 HOLE Program (simulates walking a 9 hole golf course) does not have WARM UP or COOL DOWN. When the distance reaches 2.2 Miles, the treadmill will stop and the program ends.

MANUAL MODE

1. Press QUICK START to begin at .5 mph after a 3 second countdown
2. Press SPEED +/- buttons to change speed by 0.1 mph or press INSTANT SPEED button and use the NUMBERS (Figure 1.C) buttons to change speed directly.
3. Press INCLINE UP/DOWN (Figure 1.E) buttons to change the elevation by 1% or Press INSTANT INCLINE button and use the NUMBERS buttons to change incline

directly.
4. TIME: counts down in preset programs and counts up in MANUAL.
5. Pressing STOP will end the workout. Pressing PAUSE, will suspend the workout. Press START button to resume the workout. SPEED and INCLINE will gradually return to where they were.
6. In PAUSE mode, pressing the STOP or RESET button will end the workout.
7. The preset time of any program is 20 minutes. Use the UP/DOWN (Figure 1.D) buttons to increase or decrease the time.

PROGRAM MODE

GOAL (P1) PROGRAM

1. In IDLE mode press the GOAL button.
2. Enter your desired workout TIME using the NUMBERS (Figure 1.C) or the UP/DOWN buttons (Figure 1.D). Press enter to confirm. Repeat for DISTANCE and CALORIES. Press the ENTER button to confirm and press START to begin.

TIME Range: 5 to 99 min	preset value: 20 min	step: 1 min.
DISTANCE Range: 1 to 99 miles	preset value: 5 miles	step: 1 mile
CALORIE Range: 40 to 999 cal	preset value: 200 cal	step: 1 cal

To cancel the setting, press STOP to exit.

P2 9 HOLE INCLINE preset 1 (range 1-10/step 1); DISTANCE 2.2 miles

P3 HILL CLIMB INCLINE preset 1 (range 1-10/step 1); TIME preset 30 min (range 20-99 min/step 1 min)

P4 HILL RUN INCLINE preset 1 (range 1-10/step 1); TIME preset 30 min (range 20-99 min/step 1 min)

P5 INTERVAL INCLINE preset 1 (range 1-10/step 1); TIME preset 30 min (range 20-99 min step 1 min)

P6 ROLLING INCLINE preset 1 (range 1-10/step 1); TIME preset 30 min (range 20-99 min/step 1 min)

P7 WEIGHT LOSS INCLINE preset 1 (range 1-10/step 1); TIME preset 30

min (range 20-99 min/step 1 min)

P8 RACING PROGRAM

1. Press RP. Racing Program will scroll at the bottom of the screen.
2. Press ENTER to confirm. Input DISTANCE using the UP/DOWN buttons. Press enter to confirm. (If DISTANCE is not entered, the user can't continue to the next step)
3. Input TIME using the UP/DOWN buttons (Figure 1.D). Press enter to confirm.
4. Press "START" to begin the race between user and computer. A track for each racer will appear.

- The lower track represents the user (racer 2) and the upper track represents the computer (racer 1).
- The default distance is 1 mile.
- Computer speed is setup by target distance/target time, unit is MPH.
- The user can adjust speed and incline during the race.
- When one of the racers reaches the target distance, the treadmill will stop.
- If racer 1 (computer) reaches the target distance first, a "YOU LOSE" message will appear on the display.
- If racer 2 (user) reaches the target distance first, a "YOU WIN" message will appear on the display
- Press any key to exit.

P9 CUSTOM TIME preset 30 min (range 20-99 min/step 1 min)
CUSTOM PROGRAM has 32 segments (SE01~SE32) and all segments are preset at the lowest value. Setting TIME is divided evenly into 32 segments.

P10 HEART RATE PROGRAM

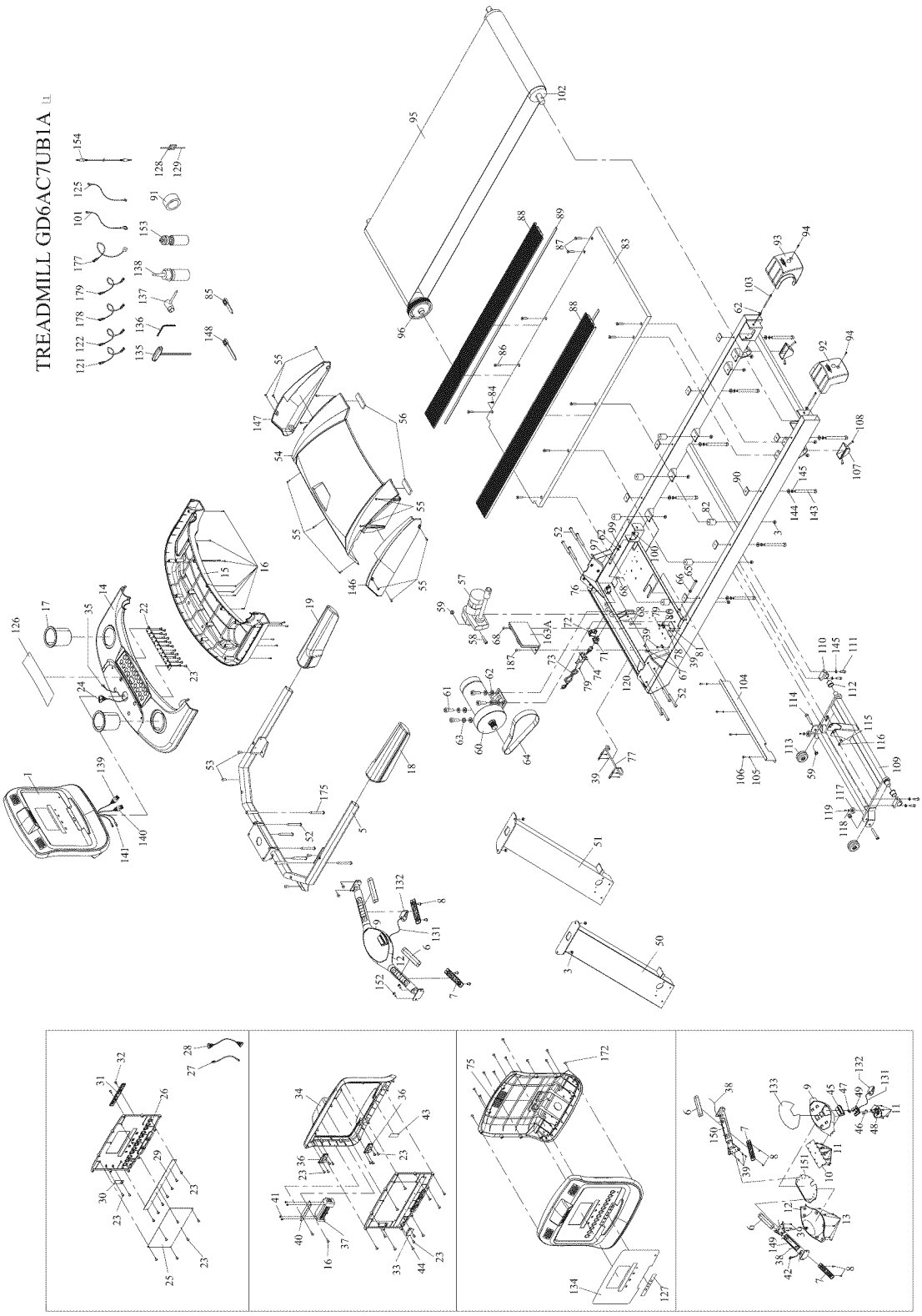
This program allows you to select a heart rate between 65% and 85% of your maximum heart rate. The treadmill will automatically adjust exertion levels to ensure that you maintain the selected heart rate. Use of the contact heart rate grips or a wireless heart rate chest strap is required. Do not exceed 85% of your maximum heart rate.

Information will display on the LCD matrix (Figure 1.A) first half of the screen will displays incline, the second half displays speed.

The first three minutes of the program will be warm-up.

NOTE: If the monitor fails to receive a heart rate during the first three minutes the program will stop automatically.
After you have chosen this mode, the program will ask you to input values as following steps:
1. In IDLE mode press HRP.
2. Input your AGE using the NUMBERS (Figure 1.C) or the UP/DOWN (Figure 1.D) buttons (range 13-80). Press ENTER to confirm.
3. 65% is the default setting. Use the UP/DOWN buttons (Figure 1.D) to select 65%, 75%, 85% or THR (Target Heart Rate). Press ENTER to confirm.
• Input TIME setting using the UP/DOWN buttons or press ENTER to accept default.
TIME 5-99 minutes & preset 20min/step 1 min.
• If THR is selected, enter the target value calculated (refer to the Training Guidelines for heart rate calculation).
4. Under HRP control mode, the treadmill will start with a speed of 1MPH and zero incline. The program will change the speed and incline to achieve the target heart rate.
5. If no pulse is detected during the HRP Program, the screen will display "NO ♥". If no pulse is detected after 30 seconds, the program will end.

EXPLODED VIEW DRAWING



PARTS LIST

NO.	Description	QTY	NO.	Description	QTY
1	Computer Console	1	44	Truss Philips Self-tapping Screw ø4x10	10
3	Nut M8xP1.25	14	45	Safety Switch Button	1
5	Holder Assembly	1	46	Safety Switch	1
6	Hand Grip Pulse Plastic Sets (upper)	2	47	Compress Spring	1
7	Hand Grip Pulse Plastic Sets (lower)	2	48	Safety Switch Base	1
8	Philips Self-tapping Screw ø3x25	4	49	Safety Switch Smooth Base	1
9	Control Box Cover(upper)	1	50	Upright Tube (L)	1
10	Control Box Board apm KB1004	1	51	Upright Tube (R)	1
11	Philips Self-tapping Screw ø3x8	14	52	Truss Hex Screw (ϕ 13) K-298A	12
12	Control Box Cover(lower)	1	53	Truss Hex Screw M8xP1.25x20	4
13	Philips Self-tapping Screw ø5x20	6	54	Motor Cover	1
14	Holder Cover (upper)	1	55	Truss Philips Screw M5xP0.8x15	13
15	Holder Cover (lower)	1	56	Foam Sticker 100mmx12mmx5t Single Side Tape Black	2
16	Truss Philips Self-tapping Screw ø4x16	15	57	Incline Motor(110V)	1
17	Cup	2	58	CKS Hex Screw M10xP1.5x40	1
18	PU Handrail (L)	1	59	Nut M10xP1.5	3
19	PU Handrail (R)	1	60	Motor	1
22	Keyboard PCB 19KEY KB2014	1	61	CKS Hex Screw M10xP1.5x25	4
23	Philips Self-tapping Screw ø3x8	48	62	Washer ø10xø20x3t	7
24	Keyboard Connective Cable (lower)	1	63	Spring Washer M10	4
25	PCB Display apm DKA chengwang	1	64	Drive Belt	1
26	PCB Mount Plastic BHT12_C7	1	65	CKS Hex Screw M8xP1.25x80	1
27	Safty Switch Connecting Cable 300mm	1	66	Hex Nut M8xP1.25	1
28	Keyboard Connecting Cable(16PIN double lines 400mm)	1	67	Wire Holder	2
29	Keyboard 10KEY chengwang KB3003	1	68	Philips Screw M5xP0.8x10	3
30	Hand Grip Pulse Board	1	70	Truss Philips Screw M5xP0.8x12	4
30-1	Foam Sticker 100mmx20mmx1.5t Single Side Tape Black	1	71	Power Inlet Socket	1
31	I-Pod Plastic Cover	1	72	Power Switch	1
32	CKS Hex Screw M4xP0.7x10	2	73	Power Cord	1
33	Sound Board	1	74	Power Cord Inlet Cover	1
34	Console Cover Front (upper)	1	75	Console Cover (rear)	1
35	Control Cables (lower)	1	76	Circuit Breaker	1
36	Loudspeaker	2	77	Power Cable Rack	1
37	Fan	1	78	Sensor	1
38	Hand Grip Pulse Cables(lower)	2	79	Philips Screw M4xP0.7x10	4
39	Philips Screw M5xP0.8x10	14	80	Sensor Base	1
40	Fan Fixing Plate	1	81	Sensor Plate	1
41	Philips Screw M3xP0.5x6	4	82	Rubber Cushion	6
42	Control Board Connecting cable (1250mm)	1	83	Deck	1
43	Wireless POLAR Receiver RE06 5K	1	84	Truss Philips Self-tapping Screw ø4x12	1

NO.	Description	QTY
85	Zip Tie 2.2mmx80mm black	1
86	Counter Sink Hex Screw M8xP1.25x35	6
87	Counter Sink Hex Screw M8xP1.25x40	4
88	Side Rail	2
89	Foam Sticker 1423mmx20mmx1.5t Single Side Tape Black	2
90	Rail Mounting Bracket	8
91	Metal Ring	1
92	End Cap (L)	1
93	End Cap (R)	1
94	Philips Screw M5xP0.8x15	2
95	Running Belt	1
96	Front Roller	1
97	CKS Hex Screw M10xP1.5x100	1
99	Star Washer M10	1
100	Hex Nut M10xP1.5	1
101	Extension Wire	1
102	Rear Roller	1
103	CKS Hex Screw M10xP1.5x110	2
104	Metal Shield	1
105	Spring Washer M5	4
106	Truss Philips Screw M5xP0.8x12	4
107	Plastic Foot Pad	2
108	Truss Philips Screw M6xP1.0x10	4
109	Incline Assembly	1
110	Incline Bracket	2
111	CKS Hex Screw M8xP1.25x25	4
112	Plastic Sleeve	2
113	Wheel ø60xø10x30 black	2
114	CKS Hex Screw M10xP1.5x60 30mm	2
115	Lug Nuts	2
116	Cotter Pin	2
117	Foot Pad	2
118	Washer ø6xø16x1t	2
119	Washer Drill Philips Self-tapping Screw ø4x16	2
120	Frame Assembly	1
121	Extension Wire(white) 14AWGx90x2t	1
122	Extension Wire(black) 14AWGx90x2t	2
125	Extension Wire	1
126	Keyboard Overlay	1
127	MP3 Sticker	1
128	KSS Wire Clip Base	5

NO.	Description	QTY
129	Zip Tie 3.6mmx163mm black	9
130	Guide Thread	2
131	Nylon Cord	1
132	Clip	1
133	Control Box Sticker	1
134	Console Overlay	1
135	T Wrench	1
136	L Hex Wrench 5mmx30mmx120mm	1
137	Socket Wrench + Philips Screwdriver	1
138	Silicon DC-1000	1
139	Holder Keyboard Connecting Cable(upper)	1
140	Control Cables (upper)	1
141	Hand Grip Pulse Cables(upper)	1
143	Hexagon Screw M8xP1.25x115 25mm	8
144	Washer ø8ø20x2t	8
145	Spring Washer M8	12
146	Motor Side Cover (L)	1
147	Motor Side Cover (R)	1
148	Zip Tie 4.8mmx330mm black	5
149	Hand Grip Tube Assembly (L)	1
	Hand Grip Basic-base Plastic (L)	1
150	Hand Grip Tube Assembly (R)	1
	Hand Grip Basic-base Plastic (R)	1
151	Control Box Metal Plate Assembly	1
152	Hexagon Screw M8xP1.25x15	4
153	Bottle	1
154	MP3 Cable	1
163A	Controller chengwang- DK30-110 (2.5-3.0HP _110V)	1
172	Truss Philips Self-tapping Screwø4x20	12
175	Combination Truss Hex Screw ($ 13) M8xP1.25x90	2
177	Extension Wire (kelly) 14AWGx300x1T1R (R end is inner tooth +T end is mother end)	1
178	Extension Wire(white) 14AWGx450x2T	1
179	Extension Wire(black) 14AWGx450x2T	1
184	Ground Symbol Sticker	2
185	Ground Symbol Sticker	3
187	Philips Screw M5xP0.8x12	1

WARRANTY

LIMITED LIGHT COMMERCIAL WARRANTY

BH North America will repair or replace, free of charge, at its option, parts that are defective as a result of material or workmanship. Seven (7) year replacement warranty coverage on frame and five (5) years on other parts. Labor warranty coverage is one (1) year. Warranty covers the original consumer purchaser only.

LIMITED RESIDENTIAL WARRANTY

BH North America will repair or replace, free of charge, at its option, parts that are defective as a result of material or workmanship. Lifetime replacement warranty coverage on frame and fifteen (15) years on other parts. Labor warranty coverage is two (2) years. Warranty covers the original consumer purchaser only.

THIS WARRANTY DOES NOT COVER

- Pre-delivery set-up.
- Components that require replacement due to dirt or lack of regular maintenance.
- Expendable items which become worn during normal use.
- Repairs necessary because of operator abuse or negligence or the failure to operate and maintain the equipment according to the instructions contained in the Owner's Manual.

For more detailed warranty information or to register your product warranty easily online, visit our website at: **www.BHFitnessUSA.com**

FOR WARRANTY REPAIRS, PLEASE DO NOT TAKE YOUR MACHINE BACK TO THE RETAIL STORE. CONTACT BH FITNESS FIRST.

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